

Crediting Yogurt in the Summer Food Service Program

This guidance applies to meals and snacks served in the Summer Food Service Program (SFSP). The U.S. Department of Agriculture's (USDA) SFSP meal patterns a 2-ounce serving of the meat/meat alternates component at lunch and supper. The meat/meat alternates component is optional at breakfast. A 1-ounce serving of the meat/meat alternates component may be offered as one of the two required snack components.

For information on the SFSP meal patterns and the meat/meat alternates component, review the Connecticut State Department of Education's (CSDE) resource, [Requirements for the Meat/Meat Alternates Component of the SFSP Meal Patterns](#), and visit the [SFSP Meal Patterns](#) and [Meat/Meat Alternates Component for the SFSP](#) sections of the CSDE's SFSP webpage.



Yogurt credits as the meat/meat alternates component in SFSP meals and snacks. Yogurt may be plain or flavored; sweetened or unsweetened; whole-fat, low-fat, or nonfat; and may contain added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration's (FDA) standard of identity for yogurt (21 CFR 131.200), low-fat yogurt (21 CFR 131.203), or nonfat yogurt (21 CFR 131.206). Soy yogurt does not credit in the SFSP meal patterns.



Serving Size

The required serving for yogurt is based on volume (cups) or weight (ounces), and is the same for all types, flavors, and fat contents. A 1/2-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the meat/meat alternates component. Table 1 shows the meat/meat alternates crediting information for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt	
Serving size	Meat/meat alternates
1/8 cup (1 ounce)	1/4 ounce (minimum creditable amount)
1/4 cup (2 ounces)	1/2 ounce
1/2 cup (4 ounces)	1 ounce
3/4 cup (6 ounces)	1 1/2 ounces
1 cup (8 ounces)	2 ounces

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Yogurt in Smoothies

Yogurt in smoothies may credit as the meat/meat alternates component. To credit smoothies made on site, SFSP sponsors must have a standardized recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 ounce of the meat/meat alternates component, the recipe must indicate that each serving contains $\frac{1}{2}$ cup of yogurt. For information on standardized recipes, visit the “[Crediting Foods Prepared on Site in the SFSP](#)” section of the CSDE’s SFSP webpage.

To credit yogurt in commercial smoothies, must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the total weight of meat/meat alternates contained in one serving of the product. Commercial smoothies cannot credit as the meat/meat alternates component without a CN label or PFS.



For information on CN labels and PFS forms, review the CSDE’s resources, [Child Nutrition \(CN\) Labeling Program](#), [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#); the USDA’s documents, [Product Formulation Statement for Documenting Vegetables and Fruits](#), [Product Formulation Statement \(Product Analysis\) for Meat/Meat Alternate](#), and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#); and visit the” [Crediting Commercial Processed Products in the SFSP](#)” section of the CSDE’s SFSP webpage.

The addition of yogurt to a smoothie is not a substitution for fluid milk. Fluid milk must be offered in all meals and snacks to meet the milk component requirement of the SFSP meal patterns.

For more information on smoothies, review the CSDE’s resource, [Crediting Smoothies in the SFSP](#).

Noncreditable Yogurt

Drinkable or squeezable yogurt, frozen yogurt, and soy yogurt do not credit in the SFSP meal patterns. The FDA’s definition and standard of identity requires that yogurt must be “coagulated,” not liquid. The FDA does not have a standard of identity for frozen yogurt. Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA’s definition and standard of identity for yogurt, and do not credit in the SFSP meal patterns.

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Nutrition Guidance

The CSDE encourages SFSP sponsors to read labels, and consider fat and sugar content when purchasing yogurt for SFSP meals and snacks. The USDA and the *Dietary Guidelines for Americans* recommend serving low-fat and fat-free yogurt for ages 2 and older. These types of yogurt provide the same nutrients as whole-milk yogurt, but contain less saturated fat and fewer calories.

Many types of yogurt are high in added sugars. For guidance on choosing yogurt with fewer added sugars, visit the USDA's [Choose Yogurts that are Lower in Sugar](#) webpage and watch the USDA's webinar, [Choose Yogurts that are Lower in Added Sugars](#).

The CSDE encourages menu planners to read labels and choose products without artificial and nonnutritive sweeteners (e.g., aspartame, acesulfame potassium, sucralose, and stevia), and sugar alcohols. These products are often labeled as “light” or “lite.”

Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/AcceptDocumentationSFSP.pdf>.

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars (*English and Spanish*) (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Crediting Foods in the SFSP (Documents/Forms section of the CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Menu Planning for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

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Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Meat_Meat_Alternate.pdf

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Standardized Recipes (Documents/Forms section of the CSDE's SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#StandardizedRecipes>

Standardized Recipe Form for the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/StandardizedRecipeSFSP.pdf>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/smoothies-offered-child-nutrition-programs>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditYogurtSFSP.pdf>.

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